

CareTRx Programme for patients with Asthma

Twelve GP practices across Sheffield are currently inviting their asthmatic patients to participate in the CareTRx Programme (Teva UK Limited). On this programme, patients are given a Bluetooth sensor to attach onto their inhalers which records how often they use their inhalers and reminds them to take their medication. Patients can also track their inhaler use through the CareTRx Journal App which they can download onto their smartphone. Over 70 patients have been recruited to the programme, have undertaken training and are now actively using the sensor on their inhalers. If you are a GP in Sheffield and would like discuss your Practice getting involved in the project please contact the test bed office by email at Testbed@sth.nhs.uk or by phone **01142712370**. Recruitment of patients only open until 20th September 2017 so please get in touch soon if you are interested.

People who use insulin to manage their diabetes project

Following on from the successful trial of the device that attaches to insulin pens, reported in the last newsletter, plans are now in place to test a new version of the device. Known as Insulcheck Connect, the device captures information on how often insulin is being injected by diabetic patients. The device then transmits the data via Bluetooth data to a smartphone application allowing the individual to, over extended periods of time, understand how well they are adhering to their insulin regime. The purpose of the project is to improve individuals' adherence through the availability of information and therefore improve self-management of diabetes. The trial of the device is due to begin next month for patients who attend the Diabetic Centre at the Northern General Hospital, Sheffield, with a plan to test the technology with 300 patients between August - October this year.



Emergency Contact Project

The NHS Test Bed Programme is working with Humetrix who have developed the SOS UK app. The app is free to download until December 2017. It allows the public to create a personal health record (including allergies, medications and details of any long term conditions) on their smart phone. The app creates a unique readable QR code. The concept is that an emergency responder can scan this code using a standard QR reader and see key medical information about a person, particularly vital if the person is unable to communicate. A campaign to explain the use of the app to patients in Sheffield is currently underway, including a mail out to 9000 carers of patients in Sheffield via the Sheffield Carers Centre, and materials are being distributed to all GP practices in the city for them to share with their patients.



To find out more visit: <http://sosapp.uk/>

Falls Prevention Project

Two GP practices in Sheffield (Flowers Health Centre and Pitsmoor Surgery) are now inviting some of their elderly patients to have an assessment of their gait and mobility using a new device which measures how stable people are on their feet. The Kinesis QTUG™ (Quantitative Timed Up and Go) is a device for assessment of falls risk. Each QTUG™ product kit contains two sensors, worn on each shin, which stream data wirelessly via Bluetooth to a tablet device. It provides a method for objective assessment of mobility and falls risk. Since the start of the project approximately 20 people who had no previous record of falling have been identified as being at high risk of falls and have been referred onto the Falls Prevention Pathway to receive more detailed assessments in their own homes to find out what support they need to reduce their risk of falling.



New film highlights how Test Bed technology will help keep people well at home

A new film, produced by the South Yorkshire and Bassetlaw Test Bed is demonstrating how a medical devices can contribute to new models of care that help people with long term conditions keep well in their own homes

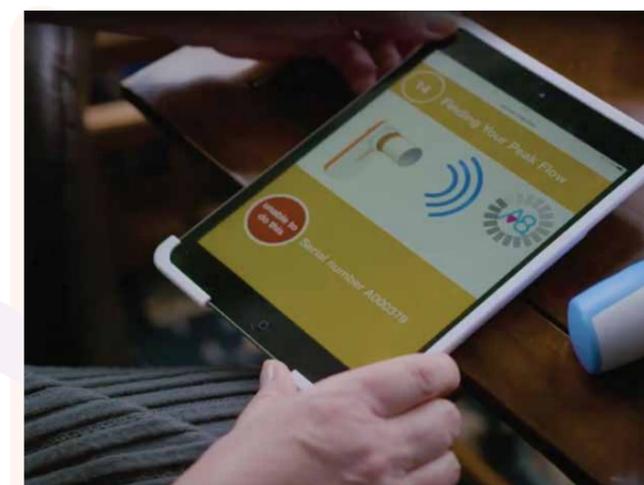
The Digital Care Home: A range of devices, including a blood pressure monitor, pulse check and weigh scales are being used as a package that can help an individual or a carer keep a regular check on their health.

Initially the project is being deployed into care homes in the city, starting with Balmoral Care Home who have already started to see benefits of using the digital solution. The data that is gathered from the devices in the care home is sent live to an NHS nursing team in Sheffield who are able to identify any irregularities in the patients' health data.

The nursing team can then follow up any potential concerns by calling the local care home team to offer advice or suggest a further appointment with a health professional if required, and therefore preventing further deterioration of a patient's health. It is hoped this rapid response will help keep care home residents well in their own home and reduce hospital admissions by enabling preventative measures to take place earlier.

Liza Murphy, Manager at Balmoral Care Home said: "This is a really exciting project for us to be involved in. It will enable us to provide an enhanced healthcare service to our residents. The technology is easy to use, the residents don't mind using them at all, and if the solution enables the health professionals to identify even the smallest signs of deterioration in our residents, which we wouldn't have been able to spot ourselves through visual observation, it will be a great way to keep our residents well and out of hospital."

The film is available on the Test Bed website: www.ppptestbed.nhs.uk and has been well received by audiences at a number of national Test Bed events, where it has been used to showcase the work of the South Yorkshire and Bassetlaw Test Bed.



A Patient Perspective

In the film Test Bed Advisory Group representative Pamela Goff, who lives with Parkinson's, is seen trialling the technology in her home. Pamela was diagnosed with Parkinson's 8 years ago.

Pamela said: "Being involved with the Test Bed programme is great because it has the potential to totally revolutionise health and care services. I have been on the Advisory Group since September 2016 and relish the opportunity to represent the views of patients."

"I was delighted to trial the Digital Care Home solution when I was asked if I would do so, and also to share my views in the film. The technology was very straightforward to use and I can see the many benefits."

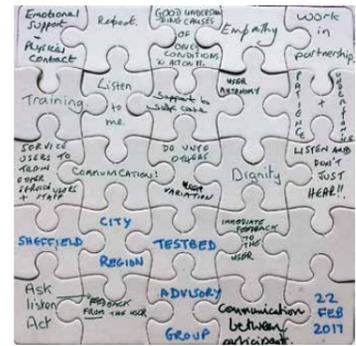
Read more about the Test Bed Patient Advisory Group on pages 2/3.

Advisory Group keeps patient and public viewpoint at heart of the programme



The South Yorkshire and Bassetlaw Test Bed is committed to strong patient and public engagement and in September 2016 set up the Test Bed Advisory Group to inform the design and delivery of the programme. The group consists of members of the public who have long term conditions or who

are the relative or carer of someone with these conditions. Some members of the group also act as champions for specific projects within the programme. This enables them to have a more in-depth involvement.



The Advisory Group meet every six weeks and are involved in a range of

activities on behalf of the Test Bed, from scrutinising evaluation plans, to reviewing and amending documents that will be given to patients recruited into the projects. Some members have been involved in presentations at conferences.

Liz Howarth, Test Bed Programme Director said: "The Advisory Group is an invaluable resource to the programme. As a result of the input of the group we can be confident that we aren't embarking on schemes that simply won't work for patients or that could potentially exclude a group of patients. We are incredibly grateful to this group of people who volunteer and give up their time on a regular basis."

Laura Cook, who supports the Advisory Group said: "We have become a very strong team of individuals who work well together, understand the programme and feel confident in providing challenge if we think the team aren't thinking about something enough from the patient perspective."

Some of the changes that have been made to the Test Bed programme as a direct result of Advisory Group input include:

- As a result of questions from the Advisory Group the Programme Management Office made a number of changes to the Project Initiation Documents (PIDs)/Project Delivery Plans
- The Advisory Group encouraged the programme to take a much more active approach to engaging with carers, which resulted in changes to wording on documentation to encourage people who don't identify themselves using the label 'carer' to put forward their views; a more active role for carers being written into the evaluation protocol; and the development of a partnership that will see carers being the main audience for an information campaign for one of the programme technologies.
- The Advisory Group raised concerns that some people may be excluded from taking part in the programme because some of the patient technologies require the user to have a smart phone, laptop or tablet or because of the need to enter into a contract with an internet provider. The programme is now working with innovators to find appropriate solutions to this.

"We have already identified our future challenges and the projects we will be working on in coming months in addition to our usual input, this includes planning a Test Bed awards event with the group judging the categories picked by them. The group have identified technical jargon as a barrier preventing some people from engaging with digital healthcare so we will also work to develop a digital health technology jargon buster for patients. We look forward to continuing on the journey with the Test Bed programme."

Brenda Riley is 69 years old, from Walkley in Sheffield and has been living with Diabetes for 11 years.

She said: "I joined the Advisory Group for the Test Bed because I am very interested in the use of new technologies to solve patients' medication problems, particularly those relating to diabetes."

"As diabetes champion for the group, I have been reviewing the technology and project documentation that supports a device we are testing called Insulcheck Connect. I give my opinion from a patient's perspective and also represent the views of other Advisory Group members. I also participate in discussions with other group members about more general issues relating to most of the technologies introduced. These include privacy and confidentiality, whether the technology is for the benefit of the patient or the clinician (or both), and what safeguards and or improvements could be made to the implementation of the technology."

"The benefit and purpose of the Advisory Group is its representation of and advice from the patient and carer perspective. Technology is only effective if the patient actually uses it! One challenge we face is that we are a relatively small group with each technology product directly relevant to only a few of us, so our views and product reviews are not representative of the target patient population. However, we can canvass the opinions and concerns of other patients with the relevant condition, to provide a wider representative view."



Lee Harker is 56, from Arbourthorne in Sheffield, he has Cerebral Palsy and Dyslexia.

He said: "I've used health and social care services a lot in my life so I try to get involved where I think I can offer some guidance from a patient's perspective. I wanted to get involved in the Test Bed because I didn't understand how the gadgets would work with health services and I was curious to find out more."

"Lots of the things I've seen the programme doing are good and look like they help patients. Some of them will be great for people who live on their own and access social care."

"Being involved with the Advisory Group has been fantastic. We are a diverse group, with diverse impairments and we've learnt a lot from one another and become a very tight-knit group."



Health and Social care colleagues inspired by visiting the Test Bed Innovation Hub

The Innovation Hub is based at the Royal Hallamshire Hospital in Sheffield and showcases the work that is taking place to develop new ways of delivering healthcare with the support of technology.

Over the past year, the programme team have been opening their doors to introduce partners from local health and social care organisations as part of a series of open day events Innovation Hub Open Day Events.

Attending an open day, Bev Ryton from the NHS Sheffield Clinical Commissioning Group said: "The open day was a great chance to hear all about the Test Bed programme. In health I think we need to be much more aware of what opportunities are out there and programmes like the Test Bed one help us to do this."

Dr Micky Kerr from the Yorkshire & Humber Academic Health Science Network, who was also attending one of the open days, said: "I attended the open day because I was interested to see



the work that is taking place. The notion of the tech going home with the individual to help them manage their own care, but also the data sharing elements then being gathered to empower clinicians to make more informed decisions about their patient's healthcare is a brilliant idea. There is so much potential to do it on a bigger scale."

Liz Howarth, Programme Director said: "The open days are a great way of making what we are doing more real for NHS staff and partner organisations we are working with."

If you would be interested in attending a future open day please contact Liz Baxter on 0114 226 8837

